

# **Lone Star Invitational Tournament Rules & Regulations**

## **Individual Form Competition**

Forms from both the older traditional Tang Soo Do system and the modern Tang Soo Do Systems are allowed in empty hand form competition.

Competitors will compete two at a time.

Whenever possible there will be 5 judges (no less than 3) seated at the front of the ring.

When there are 5 judges, the high and the low scores will be dropped, the middle 3 scores will be added together.

In the event of a tie, the low and high scores will be added back in. If it is still tied, competitors will perform their form again or a different form if they wish.

All Dan (Black Belt) division winners will be eligible for the Grand Championship round.

## **Weapons Form Competition**

(No sharpened weapons are permitted)

ONLY Green belts and up are allowed to compete in weapons forms.

Only traditional weapons forms are allowed. A traditional weapons form is defined as a form with practical application rather than flash.

For safety reasons, competitors will compete one at a time.

Whenever possible there will be 5 judges (no less than 3) seated at the front of the ring.

When there are 5 judges, the high and the low scores will be dropped, the middle 3 scores will be added together.

In the event of a tie, the low and high scores will be added back in. If a tie remains, competitors will perform their form again.

All Dan (Black Belt) division winners will be eligible for the Grand Championship round.

## **Individual Sparring Competition**

All matches will be 2 minutes running time, accumulated points. If there is a tie, they do 2 more minutes. If it's still a tie, the next point wins.

Divisions with only three competitors will be run as a "Round Robbin".

Safety equipment is mandatory for ALL sparring divisions: Hand, Foot and Head protection -- foam type only. Mouth guards are mandatory for all competitors. Groin protection mandatory for males.

There are only seven possible calls from the judges (1) Point (2) Two Points (3) No Point (4) No See (5) Warning with point (6) Warning no point (7) Warning Disqualification

All points, contact calls and warnings can only be made with a majority. This means if 5 judges see the call a majority of 3 will be required to make a call. If only 4 judges see the call you will still need a majority of 3 to make the call. If only 3 judges see the call then a majority of 2 will be required to make a call. If only 2 judges see the call then both must be in agreement in order to make the call. There is no such thing as a majority of one.

#### CONTACT ALLOWED:

##### GUPS –

- No contact to the face
- Light contact to the body

##### DANS –

- Light contact to the face
- Light to moderate contact to the body

\*Light contact to face shields is acceptable

\*\*NO rocking back of the head allowed

#### WARNINGS:

If only one judge issues a warning, the warning will be unofficial.

It takes two or more judges to award a contact warning. Official contact warnings are noted on the score board with a "C" at the bottom. If a competitor receives two official contact warnings (on separate calls) they will be disqualified from the competition. If a majority of the judges feel the contact was too severe, then initial contact can result in an immediate disqualification.

Unsportsmanlike behavior or arguing with a judge or referee will result in immediate disqualification.

Absolutely no coaching from the sidelines allowed. Abuse of this rule can result in the immediate disqualification of the competitor being coached.

#### POINTS:

All legal hand techniques are worth 1 point. Legal hand techniques: punches & ridge hands. Punches must be retracted (no superman punches).

Spin kicks and jump kicks are worth 2 points.

All other kicks are worth 1 point.

In order to be consistent with the defensive nature of Tang Soo Do, we will reward a competitor with 2 points if they score a point after making a deliberate side stepping motion with a block. A point scored on a jam, or a retreat, or from a stationary position will result in the rewarding of only one point.

Illegal target areas are: Top of the head, back of the head, throat, neck, back, below the belt.

Legal targets are: Front of the face; side of the head (ear to ear), front of the body and side of the body (elbow to elbow with arm hanging down).

Tournament director has final judgment on all decisions.

### **Team Sparring Competition**

Teams consist of 3 competitors (1<sup>st</sup> – 3<sup>rd</sup> Dan).

The winning team is determined by the number of victories, not points.

If tied, then captains will decide whom to send in for the tie breaker.

Team members may cheer on their teammates, however only team captains may coach. If this rule is abused, it could result in a disqualification for the team.

**The tournament rules and regulations included here are intended for general information only. Further information and detailed rules and regulations can be found in the official "Tang Soo Do Mi Guk Kwan Tournament Judging Manual"**